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# PPD's News to Live By

ES&H Newsletter  
October 2011

## Safety Slogans

So your slogan suggestion didn't make it onto the posters at site entry? Submit your suggestions [here](#), to be posted in the monthly newsletters!



## Fire Prevention Week

October 9-15 is Fire Prevention Week. The lab will be using this week to kick off our annual fire drills. Your building/area should have a drill (either tabletop or functional) before the end of the month. Please make sure you know of at least two exits out of your building, should a fire block your primary exit route.

Make note of your building's designated assembly area, and report there during evacuations. The area [emergency warden](#) needs to account for everyone that was in the building to emergency responders.



"Reproduced from NFPA's Fire Prevention Week website, [www.firepreventionweek.org](http://www.firepreventionweek.org). ©2011 NFPA."

## Snow Removal

As we enter the winter season, it is important to know the snow removal plan for your building or area. Your building managers can remove snow from many of the walkways with snow blowers, but will not necessarily have the means to get to the stoops or porches to apply salt on icy patches in a timely manner. Please contact your building manager to ensure there is adequate snow removal coverage for your building, and that there will be buckets of salt available for areas that can become icy.



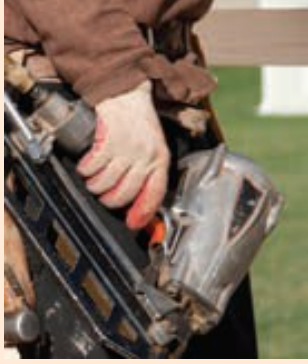
Your supervisor may ask you to contribute a small amount of time in the morning to help salt the stoops/porches of your building. Performing any snow removal duties that are more strenuous than spreading salt (e.g. shoveling) will require clearance from Medical. If you anticipate performing those snow removal duties for Fermilab you must complete and submit a [snow removal questionnaire](#). This questionnaire ensures that employees assigned snow removal duties can physically handle the potentially strenuous task. Please contact your supervisor if you are unsure of your snow removal duties.

If you spot an icy or slippery area that needs more attention than just some salt thrown down, please contact your building manager for assistance. To learn more about shoveling safety, check out this [archived article](#) from Fermilab today.

## OSHA Releases New Nail Gun Safety Guide

Nail gun injuries send approximately 37,000 people to the emergency room each year. To address this hazard, OSHA has published a new safety guide that provides recommendations and regulatory guidance for employers and employees regarding the safe use of nail guns.

Check out the Nail Gun Safety Guide [here](#).



## E-Cycling Your Consumer Products

Beginning January 1, 2012, electronics (such as: TVs, computers/laptops, monitors, printers, computer peripherals, fax machines, cable/satellite receivers, VCRs/DVD players, gaming systems, MP3 players, etc.) will be banned from Illinois landfills. Under this law, refuse companies will no longer be able to accept any of these items. This law is regulated by the Illinois Environmental Protection Agency (IEPA).

With consumers typically replacing their electronics every couple of years, the need for electronics recycling has increased. Currently, only about 25% of old electronics are recycled. The rest are either held onto (or kept in storage), donated, or disposed of as municipal waste.

The U.S. EPA has partnered with electronics manufacturers, retailers and mobile service providers to offer opportunities for consumers to recycle their electronics.



### Cell Phones

Learn more about donating or recycling your old cell phone [here](#).



### Computers

You can find more information about donating or recycling your old computer [here](#).

### Televisions

Televisions contain copper, lead, steel and aluminum that can be recycled (and it will help keep these items out of our landfills). To find more information on recycling your TVs, check out [this page](#).

Learn more about the Illinois landfill ban and local drop-off sites [here](#).

Check out local recycling pages/events:

- [Northern Cook County](#)
- [DeKalb County](#)
- [DuPage County](#)
- [Kane County](#)
- [Kendall County](#)
- [Will County](#)



## Million Hearts

The U.S. Department of Health and Human Services is partnering with several national organizations to promote the Million Hearts campaign. The goal of this campaign is to prevent a million heart attacks and strokes in the next 5 years.

**Why is Million Hearts being launched?** Heart disease and stroke are the first and fourth leading causes of death in the United States, making heart disease responsible for 1 of every 3 deaths in the country. Million Hearts will bring together a wide range of heart disease and stroke prevention programs, policies, and activities to raise awareness among health care providers, private-sector organizations, policymakers, and consumers about what can be done to prevent heart disease and stroke in our nation.

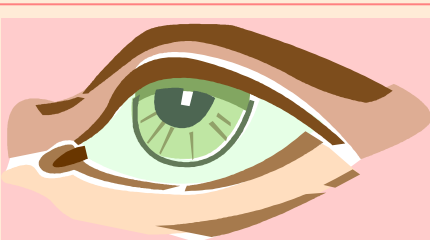
Learn more here: <http://millionhearts.hhs.gov/index.shtml>

## The "Doh!" Photos of the Month



## PPD September Injuries

9/1/2011—Employee felt pain in right upper eyelid while keyboarding. Had not been working previously in dusty or dirty conditions. Antibiotic prescription was given, making this a recordable injury.



9/16/2011—Employee was picking up a 25 lb. piece of aluminum when it slipped out of his hand and landed on his foot. The piece was only elevated a couple of inches, and the employee was wearing steel toe boots. The aluminum hit his foot just behind the steel toe cap. Employee was not wearing gloves, and the aluminum was slightly slick with dust. This was a first aid only injury.



## September Winner!!!



*Suzanne Saxer*

**Question:** List 5 items one should have in their emergency survival kit.

**Correct Response:** 1) Water, one gallon of water per person per day for at least three days, for drinking and sanitation. 2) Food, at least a three-day supply of non-perishable food. 3) Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both. 4) Flashlight and extra batteries. 5) First aid kit.

## October Contest

For a chance to win a PPD ES&H acrylic hot/cold cup with straw, please answer the following correctly:

**Approximately how many injuries requiring treatment are caused by nail guns each year in the U.S.?**



Please submit your responses/answers to [Angela Sands](#) by October 26<sup>th</sup>.  
(If there are multiple correct answers/entries, a drawing is held.)